



InShape

West Valley City Family Fitness Center News

After School Programs for Junior High Students



The West Valley City Family Fitness Center is excited to offer an after school program for junior high students. Students will be picked up from school (Kennedy, Westlake, Hunter, Valley) and taken to the Fitness Center for activities including swimming, rock climbing, leadership activities, and outings. The cost for enrollment is \$10 and includes snacks.

“Our after school programs are designed to offer a fun, active, and safe environment for kids,” says Program Coordinator Kari Child. “Junior high students are in an age group that is lacking after-school programs to participate in, and this new program will help alleviate that problem.”

The program begins this month and will run through the end of the school year. For more information or to enroll your student(s) call Kari at 955-4016.

Turkey Trot 5K Run

Saturday, November 17
8:00 a.m.
(registration begins at 7:00 a.m.)

Adults - 15*
Youth (12 & younger) - \$10*
Families (up to 6 members) - \$45*

Entry fees include t-shirt, prize
drawing & ribbons 3 deep.

For more information, call 955-4000.

*\$5 fee added after November 10.

Busy Bee

This twice-a-week program is designed for 3 and 4 year olds (must be potty trained), and features a variety of activities including arts & crafts, music, letter & number recognition, and more!

Members - \$40/month
Non-Members - \$45/month

For more information, call
955-4000.



Halloween Activities for the Entire Family

October 20, 1:00 p.m.
Halloween Safety Fair

This free event, sponsored by Costco Wholesale, will feature Halloween safety tips, fire safety information, a costume parade, costume contest, and trick-or-treating!

Special appearances by Patch, the Fitness Center Mascot, as well as Grizzbee and McGruff.

October 26, 27, & 29
Halloween Spook Alley

October 26 & 27
Spook-Free Halloween Party for Kids

Up With Kids! Musical Theater Academy

Up With Kids! Musical Theater Academy is a non-profit musical theater academy specializing in all-star acting.

Kids ages 4 to 17 are invited to attend.

Classes are held every Friday. Times vary depending on age.

\$35 per month, per child
(one time registration fee of \$45 for first child, \$35 for second child, \$25 for additional children in same family)

For more information, call 867-5324 or visit www.upwithkids.com.



Family Fitness Center Open House

Wednesday, November 7

- Try our 30 new pieces of cardio and fitness equipment, and experience the new wireless Cardio Theater System!
- Walk the new indoor track and receive a free pedometer!
- Try the all-new toddler slide in the swimming pool!
- Enjoy free kids activities in the Edutainment Center!
- Test the new auto-belay system on the rock wall!

Free refreshments! Prize drawings every half hour from 5 – 9PM!

Call 955-4000 for times and details.



5415 West 3100 South, West Valley City, UT 84120 (801) 955-4000 www.WestValleyFitnessCenter.org
Facility Hours: M-F 5 a.m. - 10 p.m. Saturday 6:30 a.m. - 9 p.m. Sunday 10:30 a.m. - 5 p.m.
Lap Swim: M-F 5 a.m. - 9 p.m. Saturday 6:30 a.m. - 8 p.m. Sunday 10:30 a.m. - 4 p.m.
Open Plunge: M-F 11:30 a.m. - 9 p.m. (slide opens at 5 p.m.) Saturday 11:30 a.m. - 8 p.m. Sunday 12 p.m. - 4 p.m.

